

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>(6)</p> <p>LABOR DAY</p> <p>ALL MEAL SITES &amp; OFFICES WILL BE CLOSED</p>	<p>(7)</p> <p>BEEF POT ROAST SCALLOPED POTATOES (1) GREEN BEANS WHOLE WHEAT BREAD w/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)</p>	<p>(8)</p> <p>CRISPY CHICKEN BREAST (1) DICED RED SKIN POTATOES (1) SPINACH WHOLE WHEAT BREAD w/OLEO (1) PEACH/PEAR/PINEAPPLE (1) FAT-FREE MILK (1)</p>	<p>(9)</p> <p>SLICED ROAST PORK LOIN MASHED POTATOES w/PORK GRAVY (1) MIXED VEGETABLES MULTI-GRAIN DINNER ROLL &amp; OLEO (2) BANANA NUT CAKE (3) FAT-FREE MILK (1)</p>
<p>(13)</p> <p>SWISS STEAK MASHED POTATOES (1) CORN (1) WHOLE WHEAT BREAD w/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)</p>	<p>(14)</p> <p>HAM w/PINEAPPLE SAUCE SWEET POTATO (2) WAX BEANS MULTI-GRAIN DINNER ROLL &amp; OLEO (1) LEMON PINEAPPLE JELLO (2) FAT-FREE MILK (1)</p>	<p>(15)</p> <p>SPAGHETTI (1) w/HOMEMADE MEAT SAUCE SLICED CARROTS TOSSED SALAD &amp; DRESSING GARLIC BREAD (1) SLICED PEARS (1) FAT-FREE MILK (1)</p>	<p>(16)</p> <p>HONEY-MUSTARD CHICKEN BAKED POTATO (3) GREEN PEAS WHOLE WHEAT BREAD w/OLEO (1) WHITE CAKE w/FROSTING (3) FAT-FREE MILK (1)</p>
<p>(20)</p> <p>GOLD COAST PORK CHOPS MASHED POTATOES (1) MIXED VEGETABLES (1) WHOLE WHEAT BREAD w/OLEO (1) SLICED PEACHES (1) FAT-FREE MILK (1)</p>	<p>(21)</p> <p>CHICKEN w/TARRAGON GRAVY OVER BROWN RICE (1) ITALIAN BEANS TOSSED SALAD &amp; DRESSING WHOLE WHEAT BREAD w/OLEO (1) LEMON PUDDING CAKE (3) FAT-FREE MILK (1)</p>	<p>(22)</p> <p>SWEDISH MEATBALLS (2) OVER EGG NOODLES (1) GREEN BEANS MARINATED CARROTS (1) MULTI-GRAIN DINNER ROLL &amp; OLEO (2) FRUIT COCKTAIL (1) FAT-FREE MILK (1)</p>	<p>(23)</p> <p>BROCCOLI CHICKEN CASSEROLE (1) BAKED POTATO (3) BISCUIT &amp; OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)</p>
<p>(27)</p> <p>OVEN BAKED BBQ CHICKEN OVEN BROWNED POTATOES (1) WHOLE KERNEL CORN (1) WHOLE WHEAT BREAD w/OLEO (1) APPLESAUCE (1) FAT-FREE MILK (1)</p>	<p>(28)</p> <p>TUNA NOODLE CASSEROLE (2) EUROPEAN BLEND VEGETABLES VINEGAR COLESLAW (1) WHOLE WHEAT BREAD w/OLEO (1) CHOCOLATE CAKE (3) FAT-FREE MILK (1)</p>	<p>(29)</p> <p>SLICED ROAST PORK LOIN MASHED POTATOES w/PORK GRAVY (1) GREEN PEAS MULTI-GRAIN DINNER ROLL w/OLEO (2) PEAR JELLO w/WHIPPED TOPPING (1) FAT-FREE MILK (1)</p>	<p>(30)</p> <p>SALISBURY STEAK (1) MASHED POTATOES w/GRAVY (1) SLICED CARROTS WHOLE WHEAT BREAD w/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)</p>

**SALAD/SANDWICH MENU****SEPTEMBER 2010**

SALAD CHOICE FOR THE WEEK	SANDWICH CHOICE FOR THE WEEK
<p>(WEEK OF 9-6 THRU 9-9-10)  <u><b>GREEK SALAD</b></u>            ROMAINE LETTUCE, TOMATO,            GREEN PEPPER, RED ONION, CUCUMBER,            BLACK OLIVES, AND FETA CHEESE            WITH GREEK DRESSING            COTTAGE CHEESE            MULTI-GRAIN DINNER ROLL &amp; OLEO            DESSERT/FRUIT OF THE DAY            FAT-FREE MILK</p>	<p><u><b>CHICKEN SALAD WRAP</b></u>            CHICKEN SALAD WITH A WHOLE WHEAT            FLATBREAD, ROMAINE LETTUCE, TOMATO,            RED ONIONS, CUCUMBER SPEARS, AND            CARROTS SERVED WITH            MARZETTI RANCH DRESSING            DESSERT/FRUIT OF THE DAY            FAT-FREE MILK</p>
<p>(WEEK OF 9-13 THRU 9-16-10)  <u><b>GARDEN SALAD</b></u>            COTTAGE CHEESE, CHEDDAR CHEESE,            SLICED CUCUMBER, BABY CARROTS,            RED ONIONS, AND TOMATO            ON CHOPPED ROMAINE LETTUCE WITH            BACON BITS AND CROUTONS SERVED            WITH MARZETTI BUTTERMILK DRESSING            MULTI-GRAIN DINNER ROLL &amp; OLEO            DESSERT/FRUIT OF THE DAY            FAT-FREE MILK</p>	<p><u><b>TURKEY/HAM &amp; SWISS SANDWICH</b></u>            SLICED TURKEY AND HAM WITH            SWISS CHEESE ON RYE BREAD WITH            ROMAINE LETTUCE, RED ONIONS, TOMATO,            CUCUMBERS, AND CARROTS            SERVED w/HONEY MUSTARD DRESSING            DESSERT/FRUIT OF THE DAY            FAT-FREE MILK</p>
<p>(WEEK OF 9-20 THRU 9-23-10)  <u><b>SPINACH SALAD</b></u>            FRESH SPINACH WITH BAKED CHICKEN,            RED ONION, TOMATO, EGG, MANDARIN            ORANGES, TOASTED ALMONDS,            AND CRUSHED CROUTONS,            SERVED WITH BACON RANCH DRESSING            MULTI-GRAIN DINNER ROLL &amp; OLEO            DESSERT/FRUIT OF THE DAY            FAT-FREE MILK</p>	<p><u><b>CREAMY EGG SALAD SANDWICH</b></u>            CREAMY EGG SALAD            ON WHOLE WHEAT BREAD            WITH ROMAINE LETTUCE, RED ONION,            SLICED TOMATO, CARROTS, AND            CUCUMBER SPEARS            DESSERT/FRUIT OF THE DAY            FAT-FREE MILK</p>
<p>(WEEK OF 9-27 THRU 9-30-10)  <u><b>TUNA SALAD</b></u>            LIGHT CHUNK TUNA MIXED w/CELERY,            GARDEN SEASONING, AND LITE MAYO,            PLACED ON CHOPPED ROMAINE            LETTUCE WITH RED ONION, TOMATO,            AND CUCUMBERS SERVED            w/MARZETTI RANCH DRESSING            TOWNHOUSE CRACKERS            DESSERT/FRUIT OF THE DAY            FAT-FREE MILK</p>	<p><u><b>CHICKEN CAESAR WRAP</b></u>            BAKED CHICKEN BREAST, ROMAINE            LETTUCE &amp; PARMESAN CHEESE DUSTED            WITH CRUSHED CROUTONS AND TOSSED.            PLACED ON WHOLE WHEAT FLATBREAD            AND SERVED WITH CAESAR DRESSING,            CARROTS, CUCUMBER SPEARS,            AND TOMATO            DESSERT/FRUIT OF THE DAY            FAT-FREE MILK</p>

**SALAD & SANDWICH CHOICES ARE AVAILABLE @ THE MEAL SITES ONLY.**

**CARBOHYDRATE KEY:            12 – 23 = (1)    24 – 35 = (2)    36 – ABOVE = (3)**

**SEPTEMBER 2010**
**HAMPTON EVENING MENU**
**BAY COUNTY DIVISION ON AGING**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>(6)</b>  <b>LABOR DAY</b>  <b>ALL MEAL SITES &amp; OFFICES</b> <b>WILL BE CLOSED</b>	<b>(7)</b> OVEN BAKED GARLIC CHICKEN (1) RED SKIN POTATOES (1) PEAS & PEARL ONIONS WHOLE WHEAT BREAD/OLEO FRUIT COCKTAIL (1) FAT-FREE MILK (1)	<b>(8)</b> HEARTY BEEF STEW (1) CAULIFLOWER MULTI-GRAIN DINNER ROLL & OLEO (2) CARROT CAKE (1) FAT-FREE MILK (1)	<b>(9)</b> SLICED ROAST PORK LOIN MASHED POTATOES w/GRAVY GREEN BEANS WHOLE WHEAT BREAD w/OLEO FRESH FRUIT (1) FAT-FREE MILK (1)	<b>(10)</b> HOMEMADE LASAGNA (3) ITALIAN BLEND VEGETABLES TOSSED SALAD & DRESSING GARLIC BREAD (1) HAWAIIAN FRUIT (1) FAT-FREE MILK (1)
<b>(13)</b> CHEESEBURGER ON A WHEAT BUN (2) BAKED POTATO (3) WAX BEANS PEACH/PEAR/PINEAPPLE (1) FAT-FREE MILK (1)	<b>(14)</b> CHICKEN TETRAZZINI (2) STEAMED BROCCOLI CREAMY CUCUMBERS WHOLE WHEAT BREAD w/OLEO (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)	<b>(15)</b> SWEET & SOUR PORK (1) OVER BROWN RICE (1) ITALIAN BEANS WHOLE WHEAT BREAD w/OLEO (1) MOLDED FRUIT JELLO (1) FAT-FREE MILK (1)	<b>(16)</b> COUNTRY-STYLE BAKED CHICKEN MASHED POTATOES w/GRAVY GREEN PEAS WHOLE WHEAT BREAD w/OLEO BLACK FOREST CAKE (3) FAT-FREE MILK (1)	<b>(17)</b> BAKED VEAL PARMESAN OVER SPAGHETTI (1) WINTER BLEND VEGETABLES TOSSED SALAD & DRESSING GARLIC BREAD (1) FRUIT (2) FAT-FREE MILK (1)
<b>(20)</b> PAPRIKA CHICKEN RED SKIN POTATOES (1) SLICED CARROTS WHOLE WHEAT BREAD w/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	<b>(21)</b> SLICED ROAST BEEF MASHED POTATOES w/BEEF GRAVY (1) CAULIFLOWER WHOLE WHEAT BREAD/OLEO CHOCOLATE CHERRY CAKE FAT-FREE MILK (1)	<b>(22)</b> BAKED PORK CHOP BAKED POTATO (3) EUROPEAN BLEND VEGGIES MULTI-GRAIN DINNER ROLL & OLEO (2) FRUIT (2) FAT-FREE MILK (1)	<b>(23)</b> SLICED TURKEY MASHED POTATOES w/TURKEY GRAVY (2) GREEN BEANS WHOLE WHEAT BREAD w/OLEO OATMEAL RAISIN COOKIE (2) FAT-FREE MILK (1)	<b>(24)</b> HOMEMADE SLOPPY JOES ON A WHEAT BUN (2) OVEN BAKED HOME FRIES (1) STEAMED BROCCOLI APPLESauce (1) FAT-FREE MILK (1)
<b>(27)</b> LUNCHEON STEAK w/BROWN GRAVY MASHED POTATOES (1) RIVIERA BLEND VEGGIES WHOLE WHEAT BREAD/OLEO PEAR SLICES (1) FAT-FREE MILK (1)	<b>(28)</b> CHICKEN RICE CASSEROLE (2) PEAS & PEARL ONIONS CREAMY COLESLAW (1) MULTI-GRAIN DINNER ROLL & OLEO (2) TROPICAL FRUIT (1) FAT-FREE MILK (1)	<b>(29)</b> BREADED TILAPIA (1) BAKED POTATO (3) CALIFORNIA BLEND VEGGIES WHOLE WHEAT BREAD w/OLEO (1) LIME POKE CAKE (3) FAT-FREE MILK (1)	<b>(30)</b> CHINESE BEEF OVER BROWN RICE (2) CORN (1) WHOLE WHEAT BREAD w/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	<b>(OCTOBER 1)</b> BAKED BBQ PORK CHOP (1) RED SKIN POTATOES (2) TOSSED SALAD & DRESSING WHOLE WHEAT BREAD w/OLEO (1) SLICED PEACHES (1) FAT-FREE MILK (1)

**RIVERSIDE FRIENDSHIP CENTER  
ONLY  
SEPTEMBER 2010**

**(10)  
HAND-CUT BEEF TIPS OVER EGG NOODLES (1)  
STEAMED BROCCOLI  
VINEGAR COLESLAW (1)  
WHOLE WHEAT BREAD w/OLEO (1)  
CHUNKY APPLESAUCE (1)  
FAT-FREE MILK (1)**

**(17)  
TURKEY POT ROAST (1)  
MASHED POTATOES w/TURKEY GRAVY (1)  
WINTER BLEND VEGETABLES  
WHOLE WHEAT BREAD w/OLEO (1)  
FRESH FRUIT (2)  
FAT-FREE MILK (1)**

**(24)  
HOMEMADE MEATLOAF (1)  
MASHED POTATOES w/BEEF GRAVY (1)  
CALIFORNIA BLEND VEGETABLES  
WHOLE WHEAT BREAD w/OLEO (1)  
PINEAPPLE CHUNKS (1)  
FAT-FREE MILK (1)**

**(OCTOBER 1)  
CHICKEN PARMESAN w/SPAGHETTI NOODLES (1)  
ITALIAN BLEND VEGETABLES  
TOSSED SALAD & DRESSING  
GARLIC BREAD (1)  
TROPICAL FRUIT (1)  
FAT-FREE-MILK (1)**